

# International Dysphagia Diet Standardisation Initiative



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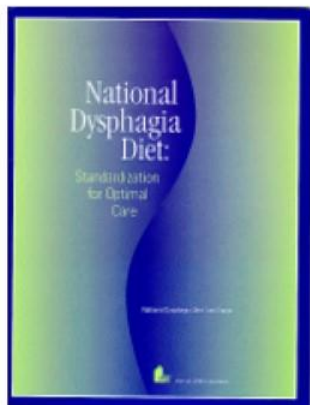
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The International Dysphagia Diet Standardisation Initiative is supported by funding from a variety of industry sources.



## Dysphagia Diet Food Texture Descriptors

April 2011

NHS  
National Patient Safety Agency



JSDR standardized texture modified food



Irish Nutrition and Dietetic Institute

USA, UK, Australia, New Zealand, Ireland,  
Sweden, Denmark, Japan

# **Dysphagia** –medical term for the symptom of difficulty in swallowing.

- **Can result from numerous etiologies secondary to damage to the central nervous system (CNS) due to:**
- **STROKE**
- **Traumatic Brain Injury**
- **Spinal Cord injury**
- **Dementia**
- **Parkinson's, MS, ALS (Lou Gehrig's)**
- **Muscular Dystrophy**
- **Developmental disabilities in both pediatric or adult population**
- **Post Polio Syndrome**
- **Myasthenia Gravis**



## **Dysphagia can also occur from problems affecting the head and neck:**

- Cancer in the oral cavity, pharynx, nasopharynx, or esophagus**
- Chemotherapy for head and neck cancer treatment**
- Trauma or surgery involving the head and neck**
- Decayed or missing teeth**
- Critical care that may have included a oral intubation or tracheostomy**
- Certain medications, infectious diseases**
- COPD – Pulmonary disease**
- Medically fragile pediatric or elderly patients**

# Signs and Symptoms of Dysphagia:

- **May include :**
- Drooling or poor oral management
- Food or liquid remaining in oral cavity after swallowing
- Inability to maintain lip closure; leaking food or liquids orally or nasal
- Complaints of food “sticking”
- Feelings of “fullness” in the neck
- Pain upon swallowing; extra effort or time to chew or swallow
- Wet or gurgly voice after eating or drinking
- Coughing during eating or drinking
- Reoccurring aspiration pneumonia/infection
- Wt. loss or dehydration from not eating or drinking enough
- Ref. ASHA.org

# Why do we need a standardised system?

## Safety

- Multiple labels and definitions cause confusion
- Within and between institutions
  - Individuals with swallowing difficulties
  - Family/Care providers
  - Health care professionals
  - Food services



# Why do we need a standardised system?

## Clinical efficiency

- Avoids re-assessment to determine safe liquid and diet levels

## Commercial implications

- ‘ready to use/off-the-shelf’ items that are consistent from manufacturer/supplier to manufacturer/supplier and similar to those produced in hospitals/care facilities/at home

## Development of clinical evidence and conducting research

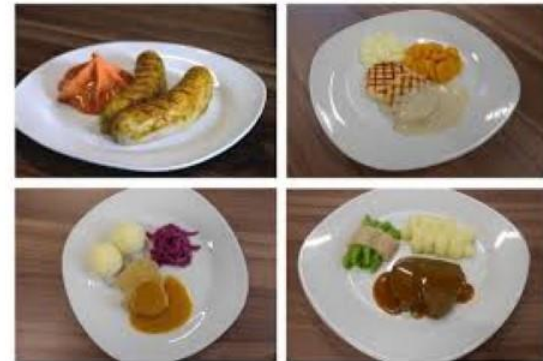
- Lack of consistency



# IDDSI stakeholder survey 2013-2014

## 54 different labels

Most commonly  
4-5 levels food textures  
most often reported



1


2

3

4

5

16%

use a colour, number [1,II] or  
scheme  to identify TM foods

# IDDSI stakeholder survey 2013-2014




**27 different labels**

Most commonly

**3-4 levels of liquid thicknesses**  
most often reported

**25%**

use a **colour**, number [1,II] or scheme   
to identify Thickened liquids

# IDDSI stakeholder survey 2013-2014

- Only 40% of respondents check that texture modified foods and thickened liquids are of appropriate consistency before serving!?!
- Point of serving is key time to ensure correct texture and consistency.





## **The Need for International Terminology and Definitions for Texture-Modified Foods and Thickened Liquids Used in Dysphagia Management: Foundations of a Global Initiative**

Julie A. Y. Cichero • Catriona Steele • Janice Duivesteyn • Pere Clavé •  
Jianshe Chen • Jun Kayashita • Roberto Dantas • Caroline Lecko •  
Renee Speyer • Peter Lam • Joseph Murray

<http://tinyurl.com/q54terf>



Dysphagia

DOI 10.1007/s00455-014-9578-x

ORIGINAL ARTICLE

## The Influence of Food Texture and Liquid Consistency Modification on Swallowing Physiology and Function: A Systematic Review

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Carly E. A. Barbon • Jianshe Chen • Julie A. Y. Cichero • Kim Coutts •  
Roberto O. Dantas • Janice Duivesteyn • Lidia Giosa • Ben Hanson •  
Peter Lam • Caroline Lecko • Chelsea Leigh • Ahmed Nagy • Ashwini M. Namasivayam •  
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# Systematic Review

- There IS evidence that **thickening helps those who aspirate thin liquids**
- There is ALSO evidence that there is such a thing as “**too thick**”, where residue begins to accumulate
- There is no specific evidence to point to **particular rheological values that define the boundaries of effective thickening** (either just thick enough or too thick)



# Systematic Review

- There IS evidence solid food and thicker consistencies require **greater effort** in oral processing and swallowing
- There is **very little literature** specifically about texture modified food used for the management of dysphagia





ORIGINAL ARTICLE

## Development of International Terminology and Definitions for Texture-Modified Foods and Thickened Fluids Used in Dysphagia Management: The IDDSI Framework

Julie A. Y. Cichero<sup>1,2</sup> · Peter Lam<sup>1,3,4</sup> · Catriona M. Steele<sup>1,5,6</sup> · Ben Hanson<sup>1,7</sup> · Jianshe Chen<sup>1,8</sup> · Roberto O. Dantas<sup>1,9</sup> · Janice Duivestijn<sup>1,10,11</sup> · Jun Kayashita<sup>1,12</sup> · Caroline Lecko<sup>1,13</sup> · Joseph Murray<sup>1,14</sup> · Mershen Pillay<sup>1,15,16</sup> · Luis Riquelme<sup>1,17,18</sup> · Soenke Stanschus<sup>1,19</sup>

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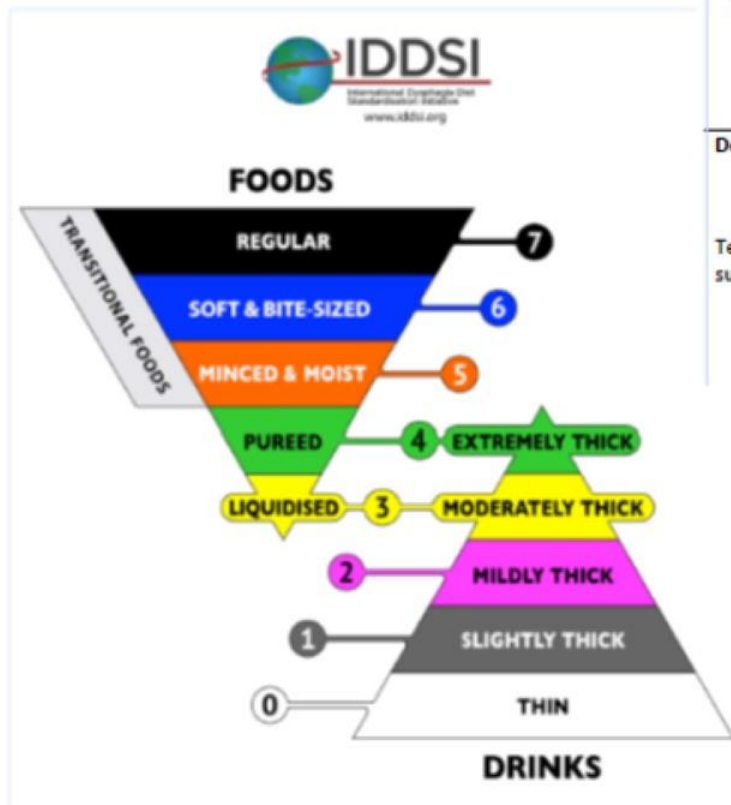


<http://bit.ly/2isDpci>

# IDDSI Framework (Rev August 2016)



# Detailed Descriptors & Testing Methods



Complete IDDSI Framework  
Detailed definitions

## 5 MINCED & MOIST

Description/character

Texture restrictions sh  
summary table

## 4 PUREED 4 EXTREMELY THICK

## 3 LIQUIDISED 3 MODERATELY THICK

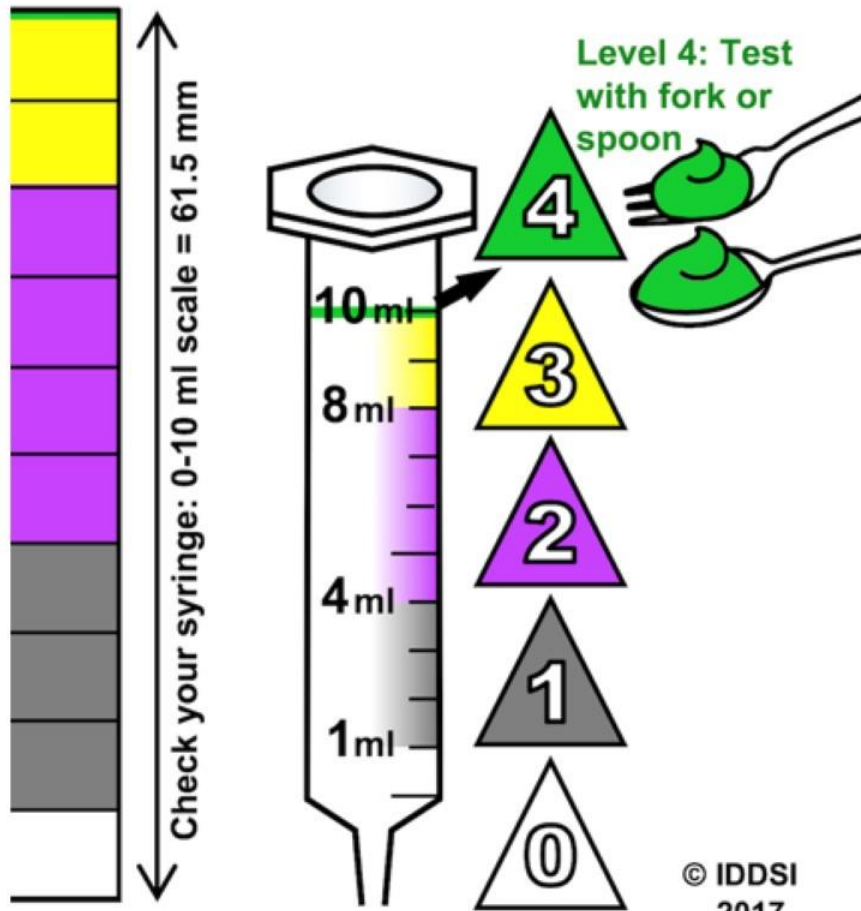
Description/characteristics	
<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h2 style="margin: 0;">1 SLIGHTLY THICK</h2> </div> <div style="flex: 0.5; text-align: right;"> </div> </div>	
Texture restrictions sh summary table	
Physiological rationale for this level of thickness	<ul style="list-style-type: none"> <li>• Thicker than water</li> <li>• Requires a little more effort to drink than thin liquids</li> <li>• Flows through a straw, syringe, teat/nipple</li> <li>• Similar to the thickness of commercially available 'Anti-regurgitation' (AR) infant formula</li> </ul>
	<ul style="list-style-type: none"> <li>• Predominantly used in the paediatric population as a thickened drink that reduces speed of flow yet is still able to flow through an infant teat/nipple. Consideration to flow through a teat/nipple should be determined on a case-by-case basis.</li> </ul>



www.iddsi.org

## Flow Test

IDDSI level depends  
on liquid remaining  
after 10 seconds flow.

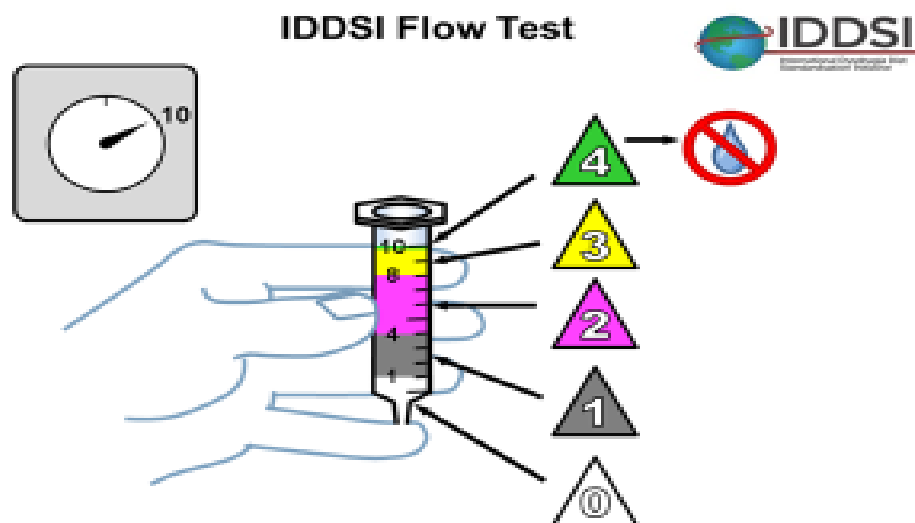


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Example videos of the IDDSI flow test can be found on YouTube and accessed through the resources page on the IDDSI website:

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# IDDSI Flow test – Comparison of Levels 1-4



Example videos of the IDDSI flow test can be found on YouTube and accessed through the resources page on the IDDSI website:

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**IDDSI Level classifications based on liquid remaining after 10 seconds:**

**Level 0:** All liquid has flowed through syringe.

**Level 1:** There is between 1 and 4ml remaining.

**Level 2:** There is between 4 and 8ml remaining.

**Level 3:** There is more than 8ml remaining, but some liquid still flows through.

**Level 4:** If no liquid flows at all, the category is Level 4 or above.

*Level 4 can also be easily identified without a syringe test: Material holds its own shape; small peaks remain on the surface. Too thick to be drunk from a cup or a straw, should be taken with a spoon. A full spoonful must drop off a spoon if turned sideways; a very gentle flick may be necessary but the material should not be firm, nor sticky.*

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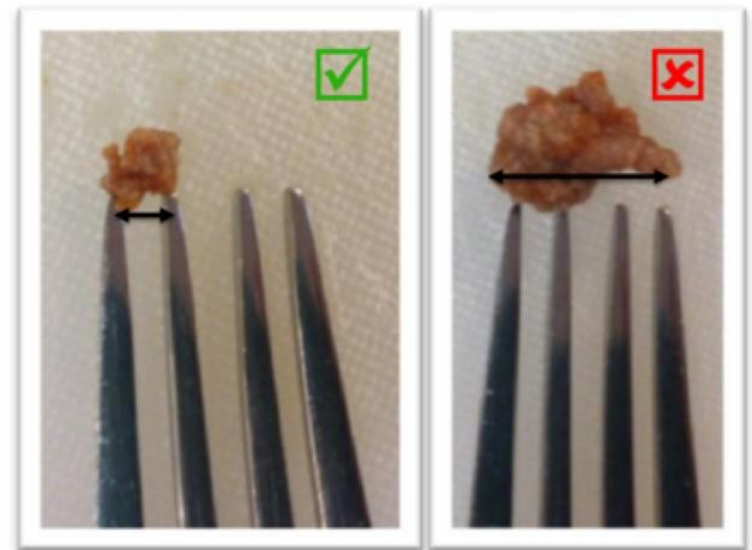
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# Texture Testing

## IDDSI Fork Test:

- The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm.
- This provides a useful compliance measure for particle size of foods at Level 5 - Minced & Moist.



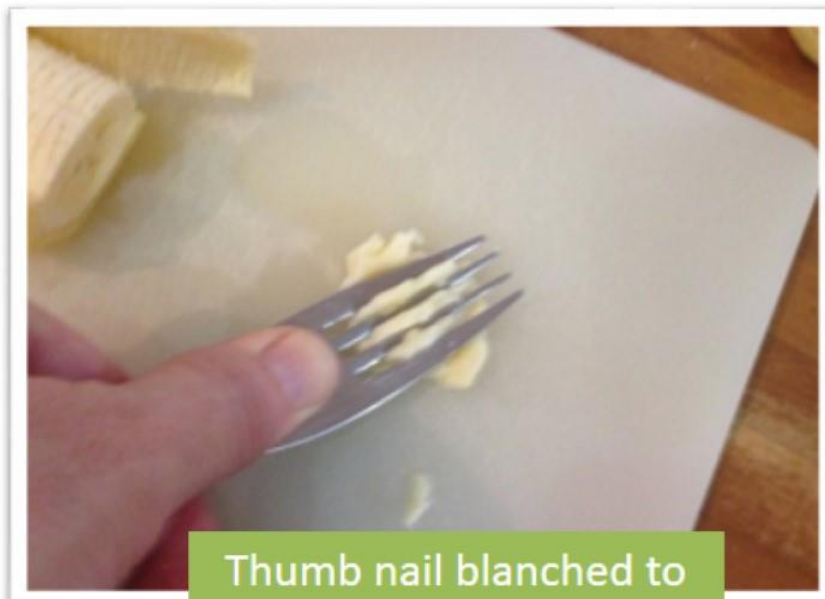
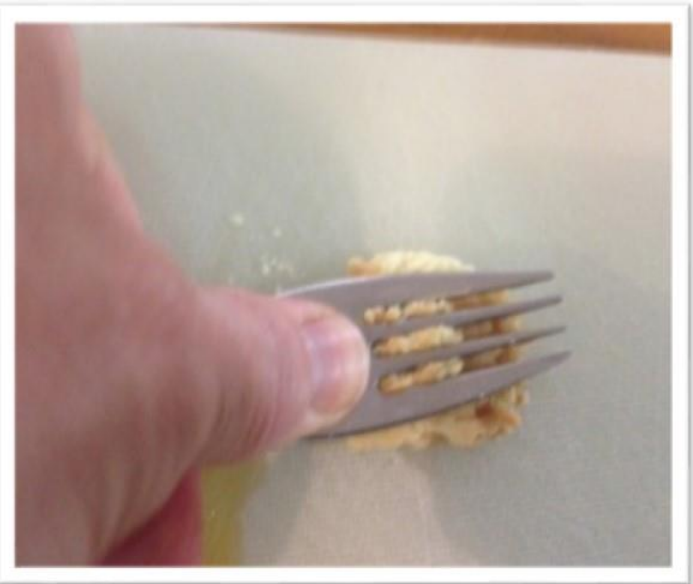
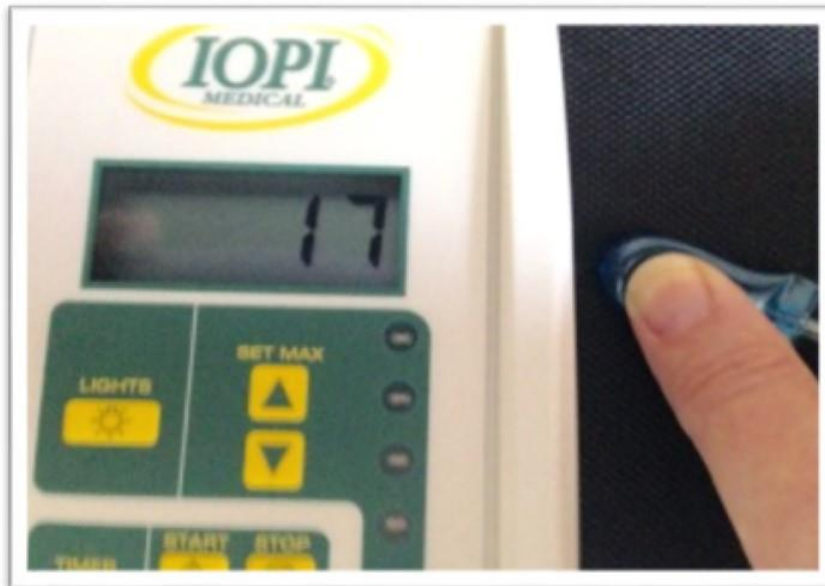
# Texture Testing

## IDDSI Fork Pressure Test:

- A fork can be applied to the food sample to observe its behavior when pressure is applied.
- Pressure applied to the food sample has been quantified by assessment of the pressure needed to make the thumb nail blanch noticeably to white.







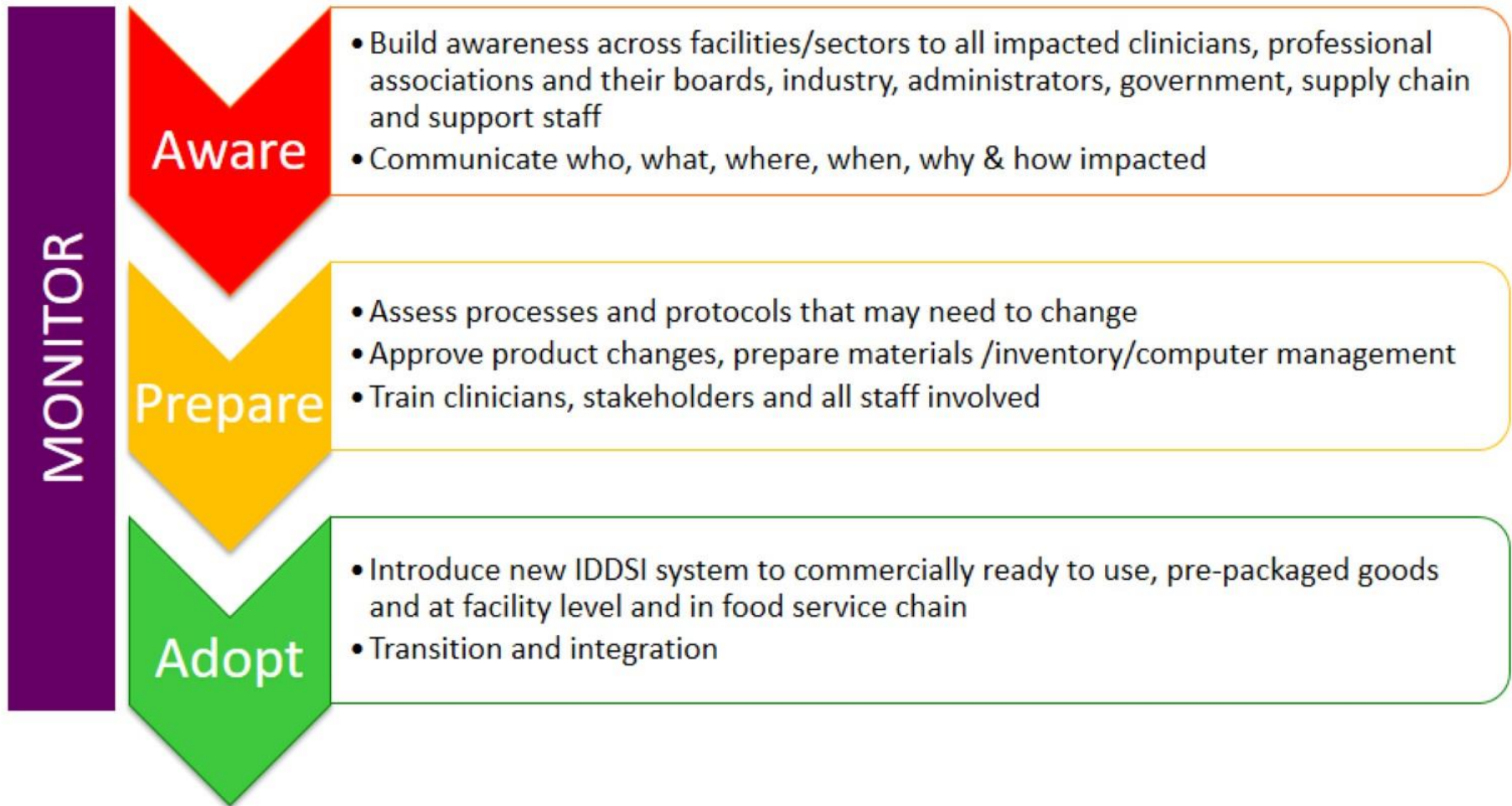
Thumb nail blanched to white



**6** SOFT & BITE-SIZED

Sample squashes and does not return to its original shape when pressure is released

# Monitor-Aware-Prepare-Adopt



*Standardising dysphagia diet terminology to improve safety.*

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## IDDSI Community

In the near future, we are hoping to connect those who are in the process of implementing IDDSI to experiences and learnings. See where IDDSI is [currently in progress](#), [learn how you can get involved](#) and [share your story](#).



[In Progress](#) [Share Your Stories](#) [Become a Champion](#)

### Where is IDDSI being implemented?

Learn which countries are home to organizations implementing IDDSI.

Country	Activity
Australia	Speech Pathology Australia and Dietitians Association of Australia Boards have now ratified the decision to endorse the framework within Australia. Although implementation and adoption of the IDDSI framework will be a number of years away, further work will now be undertaken to look at the risks and implementation of the IDDSI framework. Australian clinicians are asked to use the current Australian Standards for Texture Modified Foods and Fluids at present until a transition plan to IDDSI is in place.
Belgium	IDDSI framework featured in Parki's Kookateller (Parki's Cooking workshop), a cookbook with recipes rated according to IDDSI framework. Received Royal reception by King and Queen of Belgium.
Brazil	Implementation discussions and translation of IDDSI framework and descriptors are currently underway.
Canada	Implementation discussions are currently underway across Canada in several Health Authorities and regional groups. Pilot underway in New Brunswick. IDDSI framework and descriptors are being incorporated into university curricula and incorporated into PEN (Practice-based Evidence in Nutrition)
China	Formation of the International Dysphagia Diet Standards Implementation Committee (IDDSIIC).
Denmark	Review of IDDSI framework in relation to current standards.
France	Translation of IDDSI framework and descriptors currently underway.
Germany	Primary IDDSI pilot underway in Kampen, Germany. Translation of IDDSI framework and descriptors underway.
Ireland	Implementation discussions are currently underway. IDDSI framework and descriptors have been incorporated into university curricula.
Israel	Implementation discussions are currently underway.
Japan	Translation of IDDSI framework and descriptors underway. IDDSI framework launched at 2015 JSDR meeting. IDDSI framework and





# IDDSI

## International Dysphagia Diet Standardisation Initiative

*Standardising dysphagia diet terminology to improve safety.*

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Learn more about the IDDSI Framework and how you can help persons with dysphagia in your practice or home.

[Click here to read more](#)



### IDDSI Community

IDDSI is looking for community and regional members to join our global network.



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Discover the sponsors helping the IDDSI movement. Learn how you can be a sponsor of IDDSI.



### Resources

Find resources developed by IDDSI related to dysphagia.

# www.IDDSI.org

Helping People with Dysphagia Around the World

### What's New?

- Our research paper on the IDDSI Framework has been published. [Read here.](#)
- The IDDSI Framework has been updated.
- Have you seen our videos for [Food Testing](#) & [Drink Testing](#)?
- We are thrilled to be recognized by ASHA, the American Speech and Hearing Association, for Outstanding Contributions in International Achievement. Thank you!
- New Zealand Speech-language Therapists' Association formally endorses IDDSI standards and implementation processes are underway.
- We welcome new sponsors to our initiative. See all of our sponsors [here](#).

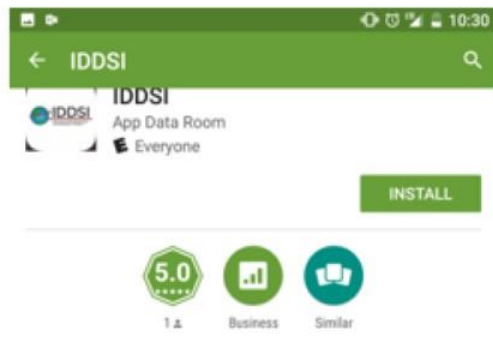
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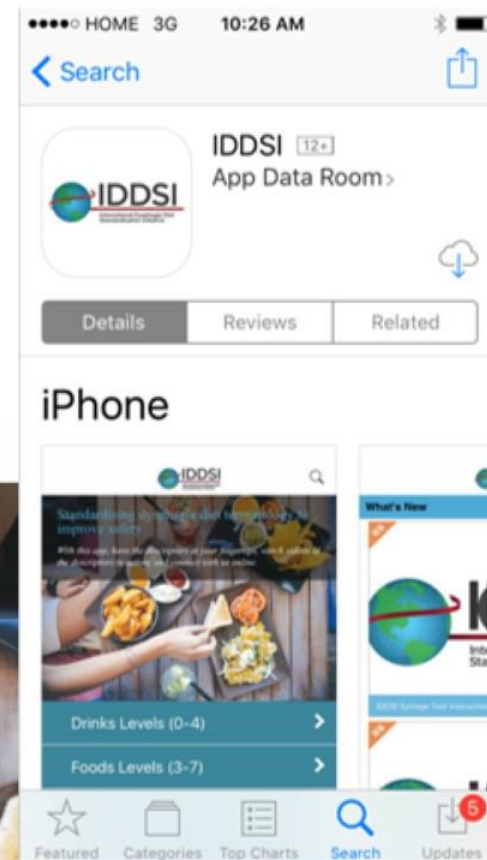
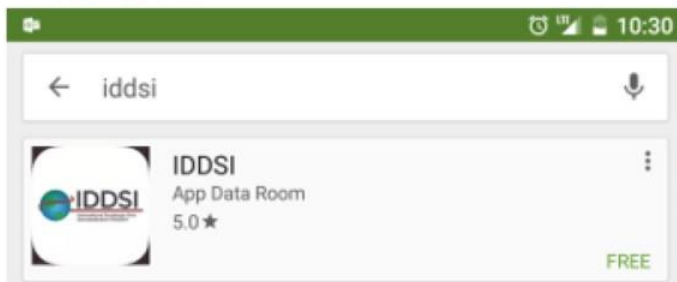
# IDDSI Apps

Android & iOS  
- for Smartphones &  
Tablets



The IDDSI framework available for Android users.

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